

# The Anxiety & Phobia Workbook (New Harbinger Workbooks)

Edmund J. Bourne Ph.D.

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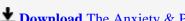
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This workbook provides a practical set of treatments for anxiety and phobias. It covers all aspects of anxiety disorders and how to combat them with relaxation techniques, building self-esteem, using visualization techniques and desensitization for phobias. Two new chapters have been added to this edtion.



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